

# December 2023

## FREE PARENT/CAREGIVER

# WORKSHOPS



### AUTISM AND MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

#### Every Wednesday December 6 - 20 - Caregiver Support Group

##### MENTAL HEALTH SERVICES

Wednesdays, December 6 - 20, 6:30PM - 7:30PM EST  
FREE @ 31 Hyperion Court

#### December 4 - ASD & Puberty

##### AUTISM SERVICES

Monday, December 4, 10:00AM - 12:00PM EST  
ONLINE - FREE with OAP #

#### December 5 - Top Tips for Improving Behaviours

##### MENTAL HEALTH SERVICES

Tuesday, December 5, 6:30PM - 8:30PM EST  
FREE @ 31 Hyperion Court

#### December 6 - Transition to Adulthood

##### AUTISM SERVICES

Wednesday, December 6, 12:00PM - 2:00PM EST  
ONLINE - FREE with OAP #

#### December 7 - Teaching My Child Toileting Skills

##### AUTISM SERVICES

Thursday, December 7, 10:00AM - 11:00AM EST  
ONLINE - FREE with OAP #

#### December 12 - Coping with Challenging Behaviour

##### AUTISM SERVICES

Tuesday, December 12, 6:00PM - 7:00PM EST  
ONLINE - FREE with OAP #

#### December 13 - Reading Between the Lines - What Is Not Being Said

##### AUTISM SERVICES

Wednesday, December 13, 10:00AM - 12:00PM EST  
ONLINE - FREE with OAP #

#### December 13 - Emotional Regulation for Parenting Young Children

##### MENTAL HEALTH SERVICES

Wednesdays, December 13, 7:30PM - 9:00PM EST  
ONLINE - FREE



Check out our online calendar  
for more information

**MaltbyCentre.ca**  
613.546.8535 or 1.844.855.8340